



## Perley Rideau Lifelong Learning launches in-person classes and studio sessions for the public: Registration Now Open Monday, November 27, 2017 - Ottawa, Ontario

Built on the philosophy that learning has no age limit, the Perley Rideau Lifelong Learning program is now accepting registrations from the public to enrol in a variety of in-person classes and studio sessions that encourage participants to learn, to grow and to connect with others who share common interests.

Different from university art classes or lectures, participants will enjoy a welcoming and collaborative learning environment without the pressure of grades or exams. Courses are open to anyone with a passion for learning, including residents of the Perley Rideau, volunteers, tenants, family and members of the community.

“ Our well-equipped studios and classrooms combine with a talented Therapeutic Recreation and Creative Arts Programming team and a vast network of passionate teachers and instructors to provide us with a solid grounding for launching this new program,” says Akos Hoffer, CEO of The Perley and Rideau Veterans' Health Centre.

“Social frailty – loneliness – is an epidemic that has been shown to have terrible impacts on physical and mental health and the Lifelong Learning program is just one more step we are taking to realize our vision of leading innovation in frailty-informed care,” Hoffer added.

Participants can choose from a selection of studio-based and lecture-based courses led by engaging instructors who are experts in their fields. Studio-based courses provide hands-on learning in the creative arts, including music and visual art. Lecture-based courses explore topics through presentations, discussions, short films and reading materials. Courses cost \$100 for 4 weeks and \$150 for 6 weeks, not including the cost of materials, if applicable.

### Registration is now open for the January courses.

All courses are held in existing facilities at the Perley and Rideau Veterans' Health Centre. Located in the Alta Vista community, the Perley Rideau is the ideal location to build an active and supportive learning environment. The centre is in many ways a Village, offering apartments for independent seniors, long-term resident care, short-stay and respite programs, fully-equipped ceramic art ,painting and wood studios, spacious meeting rooms, a cafeteria, a pharmacy, an art gallery and more.

Parking will be validated for registered participants.

### The four courses for Winter 2018:

1. **From Longhouse to Lumber to Legislature** | Instructor: Phil Jenkins
2. **The Family Archives: How to Preserve and Share the Family Photo** | Instructor: Breanne Fedak
3. **Learn the Ukulele** | Instructor: Samantha De Benedet
4. **Canada's War Art** | Instructor: Laura Brandon

For more information on each course, maps, weekly course outlines, please visit [www.PerleyRideau.ca](http://www.PerleyRideau.ca) and select Programs -> Lifelong Learning or phone 613-526-7171, ext. 2222 or email [learn@prvhc.com](mailto:learn@prvhc.com)



**Perley Rideau**

The Perley and Rideau  
Veterans' Health Centre

## Register for a Course

Spaces are limited for all courses. Participants are invited to secure their spot as soon as possible by registering over the phone or by mail.

## Quick Facts:

- The Perley Rideau is a long-term care home with a long and honoured tradition of serving 250 Veterans and also welcomes 200 seniors from the community.
- In 2013, the Perley Rideau opened a Seniors Village on its campus: 139 independent-living apartments are available for lease, with priority access for former members of the Canadian Armed Forces. Along with the apartments our Assisted Living for High Risk Seniors program offers in home support to 90 seniors in and around the Perley Rideau campus. Now, more than 650 individuals call the Perley Rideau "Home".
- While the Perley Rideau's primary focus is on long-term care, it also actively supports the capacity of seniors to live independently. To this end, the Perley Rideau partners effectively to develop a community of care and to provide ready access to a range of clinical and therapeutic services, along with social and recreational activities.

*Perley Rideau Lifelong Learning  
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*Together we improve  
the well-being of the people we serve.*

[www.PerleyRideau.ca](http://www.PerleyRideau.ca)